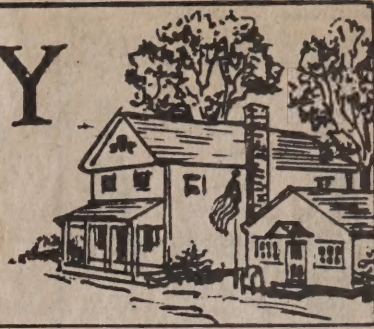


MONTEREY NEWS

FEBRUARY 1985



PLANNING BOARD MEETS

The Monterey Planning Board held its scheduled meeting on the evening of January 21 to discuss needed changes in the Town's by-laws. According to chairman Bill Brockman, about ten Montereyans attended and held an interesting and fruitful discussion. No definite proposals were decided upon, but the Planning Board was scheduled to meet with Sally Bell on Thursday, January 31, to develop some of the ideas suggested at the meeting. Sally Bell is an attorney living in Otis who has had considerable experience with zoning by-laws and who helped the Monterey Planning Board with its by-laws several years ago.

According to Brockman, the Planning Board, meeting in response to the Town's decision to observe a one-year moratorium on multi-family housing and to revise its by-laws, hopes to present proposals for revisions well in advance of the expiration of the moratorium. The Planning Board is concentrating its attention on the question of multi-family housing, but will also consider other issues that fall under its jurisdiction.

NEW SUBCOMMITTEE APPROVED

On Monday, January 14, the Monterey Board of Selectmen appointed a subcommittee of the Roads and Machinery Committee. Rick Mielke was named chairman of the subcommittee, which will assume the task of drafting job descriptions for the employees of the Town Highway Department. According to the selectmen, the subcommittee will meet in the Town Garage on Mondays from 6 p.m. to 7 p.m. until its task is completed or until further notice.

NEW RADAR SIGNS POSTED

The Town of Monterey has posted radar warning signs at all entrances to the town. According to the Board of Selectmen, the signs were posted in response to complaints by nonresidents who have received radar-generated tickets for speeding. The signs are posted on Tyringham Road, Sandisfield Road, the eastern and western ends of Route 23, and the eastern and western ends of Route 57.

MONTEREY GRANGE NEWS

Monterey Grange #291 met January 16, 1985, at the Hardisty home for a regular meeting. The grange is collecting old eyeglasses, hearing aid batteries and Campbell's labels.

The next meeting will be February 20 at the Hardisty home.

— Mary Wallace
Lecturer

PLANS UNDERWAY FOR REGULATION OF HUNTING IN MONTEREY

A Planning Committee for the Monterey Landowners Association has met twice since the general meeting in mid-December at which an informal mandate to organize a way to regulate hunting on private lands was given by those who attended. Members of the Committee are Bob Gauthier, Alice Hanlon, Jed Lipsky, Bill Mielke, Lew Scheffey, Ellen Pearson and Welles Sellow.

A letter to all property owners in Monterey has been drafted and will be mailed in mid-February. The letter proposes an association based loosely on the structure of one formed for the same purpose in Tyringham several years ago. The Tyringham Association gives its members blanket permission to hunt on any other member's land. The proposed Monterey Association will require a written permit for *any* hunter, Association member or not, to enter or hunt on a member's land. This will afford landowners options ranging from the total exclusion of all hunters to the allowance of whatever number of people the property owner deems appropriate to hunt his land.

An initial fee of \$5.00 will be solicited to pay for signs to be posted on the perimeter of each member's land, permit cards to be issued by members to hunters, and placards to be placed in hunters' vehicles.

Monterey will be patrolled during the hunting season by authorized enforcement officers, and violations of the stated restrictions will be prosecuted.

Planning Committee members will welcome any suggestions or contributions of volunteer time and/or early membership fees to get the letters out and start to make further plans. To offer help, call 528-1988.

DEMOCRATIC CAUCUS

There will be a Democratic Caucus on Saturday, February 9 at 2:00 p.m. in the Town Offices to elect a delegate to the upcoming issues convention. All registered Democrats are urged to attend.

**SEE VINCENT VAN GOGH
ON PAGE 14!**



CATHOLIC CHURCHES

Masses Schedule

Our Lady of the Valley, Sheffield

Saturday, 5:30 p.m.

Sunday, 7:30 and 10:30 a.m.

Immaculate Conception, Mill River

Sunday, 10:00 a.m.

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Church school, Sunday at 10:30 during morning worship. Morning worship each Sunday at 10:30 a.m. with childcare at same time in the Social Room. Choir rehearsal Tuesdays, 5:30 p.m. Meditation and prayer, 7:30 a.m. in the Social Room. All are invited. Prayer Group, Thursdays, 7:45 p.m. at the home of Lucy Smith.

PARISH COUNCIL EXPLORES PARTICIPATORY STYLE

During the February meeting of the parish council, to which all church officers are invited, the central issue to be explored is the creation of the most active participatory style possible for the council. Behind this query is the assumption that many questions need to be raised regarding how a present-day church incorporates more freely the many skills, talents and viewpoints existing within its membership. Also, the issue is present that considering the diverse positions a well-educated population presents, how to better represent in the life of the congregation understandings from these various positions.

In calling for this meeting, Dr. Brallier has stated that this will require a style of working together that leaves us all more open and vulnerable to each other. Yet the rewards will be great as we survive one vulnerability after another in order to reach a truly inclusive position in the community.

The meeting is to be Monday, February 4, 7:30 p.m., at the Brallier home on Hupi Woods Circle.

WORSHIP COMMITTEE BEING FORMED

In his annual report to the congregation in January, Dr. Virgil V. Brallier requested the formation of a worship committee. He suggested that, although Monterey is a small church, it has represented within it a very broad range of viewpoints and positions. The task of the committee would be to faithfully represent the Christian tradition and yet work with an open, inclusive attitude so as to better serve the diverse population that lives here.

In a letter to the members of the parish council he suggested a committee of six that will be composed of the various theological positions that are characteristic of the Monterey community. In this letter a position paper was presented as a beginning point to guide the committee in undertaking the task. The opening sentence is a declaration that, "We learn more about God from what arises in our own hearts than anyone can teach us."

Persons interested in participating on the worship committee are asked to speak to Dr. Brallier.

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LIFE FAVORS HEALTH

As the year is about to turn does it seem a strange affirmation to make: "Life favors health." Perhaps it seems too commonplace, or too obvious to bother making the observation, but I must say, sometimes it is not so obvious that health has the edge over sickness.

Consider some of the evidences that sickness is a major force in life. Some time ago I visited a major health center—or should we call it a sickness center. It certainly was a monument to how much sickness occupies our attention and energies. There were city blocks of mammoth buildings in which the central action was trying to restore sick people to health. If one were to spend enough time in such a place it wouldn't be hard to start feeling that sickness was more powerful than health. In talking with some of the personnel who worked there I got the impression they believed sickness had the edge over health. Another evidence of the power of sickness is to talk with a person who has suffered illness over a long period of time. Then we discover how persuasive is the notion that sickness is very powerful, and health seems fragile and insecure. Another disconcerting fact is the enormous cost of health care in our country—or, said another way, we are looking at the staggering cost of sickness. Considering some of the evidence of the high toll that sickness takes upon our population it begins to seem somewhat daring to declare that life favors health.

Now to look for the larger perspective, we see evidence after evidence that life favors health. Let's start with the common cold. The first few days the cold hits it may indeed give life a dark gray look, but most of us have learned that in a week to ten days the natural health of the body will have overcome the cold. We are under stress and a headache develops, yet most of us discover that while we are not looking the headache goes away or it disappears in sleep. Again under stress we may find we are having a bout of indigestion. We may take medicines to try to counteract it, but usually nothing more heroic than time itself will cause it to disappear. How very many are the aches and pains to which our bodies are subject, yet we keep making the discovery that they disappear seemingly as mysteriously as they appeared. Soon we learn to read these pains and aches as signals that something needs adjustment in our style of living—and presto—as soon as we make the adjustments the aches disappear.

COMMENTS

The *Monterey News* wishes to thank the following for their contributions and support:

- Elizabeth Simons—Please send the *Monterey News*. I'm lost without "that best little local paper in the Berkshires."
- Hans T. Kessler—Carry on!
- Claudette Callahan—I enjoy reading all the news and columns. It is a good service for Monterey.

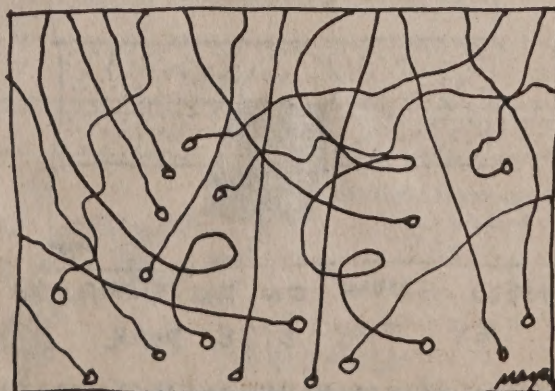
There can be no doubt that sickness occupies a great deal of human energy and concern. We do find person after person who becomes so impressed with the power of sickness that much of their energy is used up in the search for health. I have the keenest concern for the person whose experience with illness has made him/her suspect that life is tipped more toward illness than health. Yet most such persons deep down believe that health is the norm and sickness is the deviation from it.

It does seem to me a matter of great importance that we know for sure that life favors health. Once I acknowledge that sickness is the deviation, the departure from the norm, then I will begin to handle the sickness signals in a different way. Maybe I need to read my headache in the same way I read the so-called "idiot gauges" on my car. The red light shows only if something is wrong. Otherwise, day in and day out, I may drive my car and hardly be aware the gauges are there. But if the gauge tells me I am short on oil, or my engine is overheated, then I do well to pay immediate attention and correct the condition that caused the light to come on. So, my headache, my backache are signals that something needs adjustment in my life patterns.

It makes a lot of difference to me that life favors health. It comes in the same category as knowing that life rewards faith rather than fear, that peace is the norm rather than war, and that justice must finally be set in the place of oppression. It gives me courage to know I am working with the universe rather than against it.

— Virgil V. Brallier, Minister
Monterey United Church of Christ

Dr. Brallier's column is one month late thanks to holiday mail mysteries and general year-end frazzle. We apologize.



The PATTERN OF SNOW FLAKES
DRIFTING DOWN FROM HEAVEN

YOUTH NEWS

Junior Troop #66

There is not much news to report this month. Due to all the Tuesday holidays they have only met once since mid-December. It has been discussed and agreed upon that Troop # 66 will not sell Girl Scout cookies this February. Cookie sales are the only official fund drive put on by Girl Scouts across the nation, but individual troops may do other things to raise money for their needs. Therefore, the troop is looking into different ways to support their projects this year. They apologize to all the "sweet tooths" out there and thank everyone for all their support in the past. There will be others in the area selling cookies though, so if you really would like cookies and are not contacted please let Linda Thorpe or Pam Gillette know, and they will put you in touch with someone.

Youth Group

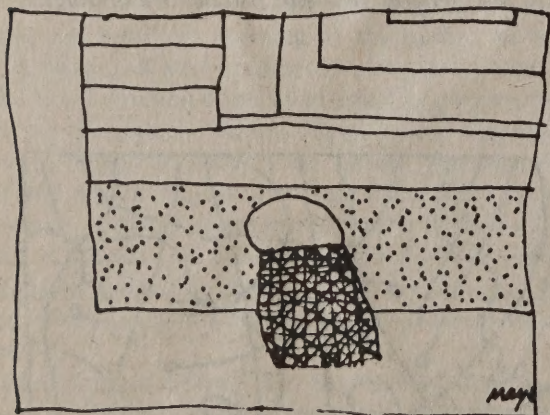
On January 13 the Youth Group went roller skating. They met again the following Sunday for a movie and a discussion on fund-raising plans for this year. They plan to divide the money raised between their treasury and the starving people of Ethiopia. On January 27 they went to the Berkshire Motor Inn for some swimming fun.

Cub Scouts

They have had no meetings so there is no news this month.

Brownie Troop #237

The Brownies attended the Christmas workshop in December. The girls had a great time! Thank you so very much to the New Marlborough Girl Scouts for inviting them. The girls are continuing to work on the "Home on Your Own" project. Girl Scout cookies are coming in February. Be on the look-out for the Brownies! They will be selling cookies starting Saturday, February 9, through Sunday, February 24. If anyone is not contacted by a Brownie and would like to buy cookies, please call Cathy Rodgers at 528-9338. Thank you all for your support!



NEW SNOW ON THE STUMP STEP
BY THE SIDE DOOR

NEWS FROM NEW MARLBOROUGH CENTRAL SCHOOL AND THE MONTEREY KINDERGARTEN

The preschool has been busy in the first month of 1985. A shipment of art and science materials was received recently, and it has already gotten a great deal of use. The children are

enjoying their new toboggan on the school hill at recess time, and they also have some new modules for their "Touch and Tell" computer. One day Matt Shmulsky brought in his Christmas puppy to share with the class and teachers. Welles Sellew's pre-vocational class at the Career Education Building made some beautiful painted blocks for the preschool. Welles and two of his students, Timmy Hathaway and Jason Hart, delivered them just before the holidays, and they were able to see first-hand the children's joy and delight. Classroom aides Paulette Graber and Jan Ryan also came along. Justin Johnston of Mill River joined the preschool in early January. He is a most welcome addition!

The Christmas party at the Monterey Kindergarten was a very special affair. Linda Brazie and Sherry Mallory came to assist. Because of a lack of snow cover the children were able to have a peanut hunt outside, and later Santa Claus came to visit. While there, he distributed the R. I. F. books to all the kindergartners. Mrs. Callahan and the children would like to thank Mr. Rodgers, grandfather of Rachel and Ian, for being such a wonderful Santa, and Ken Guartha, for loaning him the costume. A great time was had by all! During November and December the children had been collecting refundable cans and bottles to raise money for the Statue of Liberty Restoration Fund. They earned \$10.00, which was sent to the fund. Good work, boys and girls! Linda Thorpe and Linda Brazie helped the children to make paper snowflakes, which hang in the windows of the schoolhouse. The children bid a fond farewell to Mrs. Callahan on January 11. In early February she will begin her new job as Coordinator of the Parent to Parent Program, sponsored by the Children's Health Program. Mrs. Susan Andersen returned to the Monterey Kindergarten from her maternity leave on January 14. Welcome back, Mrs. Andersen! Shelinda Hoffman and Levi Wolford have moved away, so now the class numbers nineteen.

The first grade "Winter" bulletin board is a treat to see as one enters the school. Accordion-pleated snowmen, complete with top hats and mittens, dance through the snow. They were quite difficult to make, but the children certainly did a wonderful job. They are nearing the end of the "Pug" reading book and have started reading in supplementary readers, individually and in small groups. The class is finishing Cluster 4 in Math, working on addends and subtrahends. They are beginning a unit on "sound" in Science, and with the help of Mrs. Heyman and Mrs. Rawling they have started introductory work with the computer.

When the *Berkshire Courier* published its student letters to Santa Claus before Christmas, several students from NMC were represented: Michelle Dawson, Andrea Johnston, Curtis LaVigne, Cory Jassen, Betsy Stevens, Andy Brazie, Paul Makuc, Ezra Andersen, Kim Clapp, Michael Soncini, Jennifer Lowe, Walter Hewins, Beth Kern, Kim Simpson, Carey Tobin and Jason Smith.

"Got To Be Me!" books have been started in the second grade. These are write-in books in which each student completes a paragraph a day about his/her likes, dislikes, fears and fun. Each student reads the paragraph that he/she has written to the class. This helps the students to get to know

Continued next page -

one another better and gives Mrs. O'Connell additional insight into each student's personality. In conjunction with the reading program in the basal *Green Feet*, and as a culminating activity as they finish the book this marking period, the second grade is doing four short puppet shows: "The Little Red Hen," "The Three Bears," "The Three Billy Goats Gruff" and "Little Red Riding Hood." The puppet shows will be shared with other classes at New Marlborough. Several book-length stories are being read aloud to the children. Earlier this year Mrs. O'Connell read *Charlotte's Web* to the students. The class is now listening to "Mr. Popper's Penguins," a story about a New Jersey housepainter who dreams of scientific travel to the South Pole. During this reading the pupils will learn about that exotic bird—the emperor penguin. Chris Hoffman left Grade 2 on January 11. He moved with his family to Housatonic and is now attending the Housatonic School.

With Mrs. MacKenzie's help the third grade class cut out beautiful paper snowflakes. This was an exercise in measurements, and they used their creations to decorate the lunchroom bulletin board. They have also been enjoying worksheets on which they have to find what is hidden or what is wrong.

Before Christmas vacation, the fourth grade was involved in many projects. They studied about Christmas in Mexico and celebrated with a pinata of their own. Getting into the true spirit of the season, the class collected food and clothing which was delivered to Community Action for distribution to the needy of South County. They also finished their letters to be sent adrift in bottles. Mrs. Roy arranged to have the bottles dropped by a Gloucester fisherman into the Atlantic Ocean near the Georges Bank. In January the students took part in the Massachusetts Electric Company's A to Zap program. Mrs. Boland visited NMC twice to teach the class about electricity and safety. In Social Studies they are studying the manufacturing regions of our country, and they are also beginning their state reports. The pupils saw the film, *The Children Shall Lead*, which is about the civil rights movement in the South, and each student researched the life of Martin Luther King, Jr. Kristen Jones, the granddaughter of Dr. Donald Campbell of Stockbridge, shared some of Norman Rockwell's paintings with the class. Her aunt and grandfather were models in several of them. Some students have followed up on this by reading more about this famous Berkshire artist. Fourth graders are mastering their weekly spelling lists in a new and different way. The children are making taped commercials about turkeys using ten words from their spelling lists. These ads are well done and quite humorous. Our "chefs" have made Christmas cookies, peanut butter cookies and Shaker chocolate pound cake this month. According to Mrs. MacKenzie, they are becoming quite adept in the kitchen. Pen pal letters have been sent to students in Plano, Texas. This is an activity sponsored by the classroom newspaper, *Weekly Reader*. And to wind up a busy month they are participating in the third annual Kentucky Fried Chicken/Good Housekeeping "All American Salute to Mothers" greeting card contest. Kentucky Fried Chicken and *Good Housekeeping* are inviting students to show how they feel about their mothers by making special Mother's Day cards for the contest.



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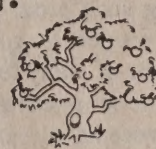
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HEALTH NOTES FROM GATEWAYS

Garlic

Garlic has been used for thousands of years as a food and medicine. The Romans gave it to their laborers to "impart strength" and to their soldiers to "incite courage."

Modern research on garlic indicates that it can be very useful in controlling hypertension, because it dilates the blood vessels, resulting in blood flowing more freely in the veins.

Both garlic and onion are said to have a preventive effect on the development of arteriosclerosis and cholesterol deposits on artery walls, which can otherwise result in high blood pressure.

An Australian study showed that garlic extract (odorless) had a beneficial effect in the treatment of anemia.

One of the main benefits of adding raw garlic to the diet is that it helps to prevent infections by building the immune system. Once infection has set in, it can act as a powerful antibiotic, but the amounts needed by that time will drive away not only infections, but people as well. Garlic is also known as an anti-helminthic; i.e., it eliminates intestinal parasites such as pinworms.

Other uses for garlic include regulating blood sugar, which may be helpful for people with diabetes and hypoglycemia, controlling fungus or yeast infections, and in Russian studies it is indicated that it may have an effect in retarding tumor growth.

In addition to having such great preventive, protective, nutritional and healing properties, garlic is a delicious food which enhances the flavor of many foods. It is wonderful in salad dressings, and a little chopped raw garlic can do a lot for a baked potato or an avocado, tomatoes, soups or salads.

It is true that in our country eating garlic may have social repercussions—this is not the case in countries where everyone eats it—and there are now many odorless garlic tablets available which still have the healing properties intact. Kyolic is a form of odorless garlic which still has all the healing properties. Eating chlorophyll-rich foods such as parsley or chewing on a clove (*not* a clove of garlic) can also help eliminate the odor. Remember that garlic is a condiment and should be used judiciously. One or two small cloves of garlic in one meal are sufficient, as it should enhance the flavor of a food—not overpower it.

If you have any questions or comments on this article or other matters of health, please write Gateways, c/o Monterey News.

ARTS COUNCIL GRANTS

The Monterey Arts Council has announced that four grants totalling \$700 will be distributed to artists and cultural organizations in the community through the Massachusetts Arts Lottery program:

- *Lucinda Shmulsky and the Mountain Laurel Band*: a program of music and contradance for the students of Mt. Everett School; \$200.
- *Donald B. Holmes*: a book entitled *Air Mail Pilot ... a Year in the Life of Charles A. Lindbergh*; \$100.
- *Ellen Pearson*: an oral history of Monterey, transcribed and annotated; \$200.
- *Pamela Wicks*: a program of storytelling, songs and games from around the world to be presented to the students of Mt. Everett School; \$200.

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Milly Walsh, organizer of Food for Friends, a monthly luncheon given by members of the community interested in caring for and nourishing elderly and live-alone people in Monterey. This month's luncheon: February 11 at noon in the Social Room of the United Church of Christ.

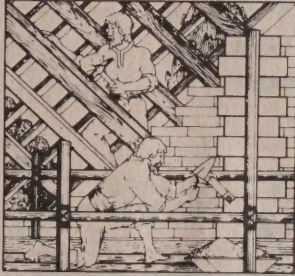
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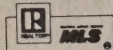
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Myra Raney and Ellen Pearson serve food to friends in the Social Room of the Monterey Church. L to r: Jim Dunlop, Jean De Bell, Myra Raney, Ellen Pearson, Wallace Tryon. 7



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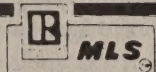
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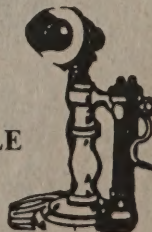
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Nancy Kalodner affixing her sign. Watch that space on Tryon's building for notice of the formal opening of the Benchmark office.

BENCHMARK REAL ESTATE TO OPEN MONTEREY OFFICE

Benchmark Real Estate of Otis has announced the opening of its second office to be located in the Tryon Construction Company building in the center of Monterey on Route 23.

Nancy Kalodner, the real estate broker who is the proprietor of Benchmark, said of the expansion: "The real estate market in our area has been so active, especially during 1984, that we felt we could serve the Monterey community more effectively with this second office location."

The new office will actually open its doors in mid-January; renovations are still underway. Both the Otis and Monterey offices will have office hours seven days a week, according to Mrs. Kalodner. She may be reached in Monterey at 528-9595.

Kalodner is a member of the board of directors of the Berkshire County Board of Realtors, and a member of the Massachusetts and National Boards of Realtors. She has worked in real estate locally since 1978 and lives in Monterey with her son Joel, now in the eighth grade at Berkshire Country Day School.

Benchmark Real Estate was founded in 1980. Prior to the upcoming opening of the Monterey office, the business has been located in the Benchmark Building at the corner of Routes 8 and 23 in Otis Center. Sales associates with the office include Donna Poulin of Tolland and David Bemis of Otis.

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LAKE DRAWDOWN IN LAKE GARFIELD

For many people the pleasures of swimming and boating in a natural lake are seriously dampened by the presence of algae, weeds, and other aquatic plants. Monterey has tried to control these plants in Lake Garfield through winter drawdown over the last several years. Here, as in other Berkshire towns, the subject of lake drawdown is a controversial one. Each lake and lakeshore has its own special plant, animal, and human populations. It is difficult to generalize about the effectiveness or advisability of drawdown since each variety of weed responds differently to having its roots frozen. Some are seriously damaged while others, like the European milfoil, actually seem to grow back in even greater profusion after a drawdown. According to Bonner McAllester, a recent study (October 1984) by the Department of Forestry and Wildlife Management at the University of Massachusetts concluded that the animals "most severely impacted" by drawdown are fish, reptiles, and amphibians which "cannot escape to more suitable environs during low water periods." The scientists felt that the aquatic furbearers (beaver, muskrat, otter, and mink) were more capable of adjustment to drawdown. In wildlife management terms, this involves the survival of a harvestable population, not the survival of individual animals. The study says muskrats will be subject to "increased predation through exposure resulting from reduced water levels," but that as a species they are "adapted to high winter mortality" anyway.

Two of our Monterey writers express their concern over the winter drawdown of Lake Garfield in the following pages.

Ron Yapple

Race Mountain Forest Services

P.O. Box 603
Sheffield, Ma. 01257
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Muskrat house left high and dry by the drawdown of Lake Garfield.

LOW TIDE IN THE LAKES

Once there was a little beaver who wanted to live by the sea. He told his mother of his plan to move to the coast of Maine and build a nice house in some inlet or estuary. All day he would sit preening on his mud roof, listening to the cries of the gulls and the putt-putt of the lobster boats.

"I'm sorry, dear," his mother said. "You just can't do it. You are a lucky little animal to be a beaver, who can swim like a fish in the lovely water, *and* sit in the bright sunshine or waddle through the woods in search of a nice willow or poplar tree. You have the best of both worlds, here on the lake, but you mustn't go down to the sea. The sea is wild and terrible, worse in a storm than anything you've seen on our lake. But besides those awful crashing waves, which can split up and wash away the best beaver house in a minute, the sea is also subject to extra-terrestrial influences."

"What do you mean?" the small beaver boy asked. "Martians? Aliens? Satellites? Cosmic rays?"

"I mean faraway planets," the mother explained. "They swing and spin and the earth spins, too, and strange things happen to the sea. Suddenly it falls very low, as though a terrible leak had opened up in the dam. Then, in less than a day, it is full again. The water sloshes around the world: high to low to high to low, day in and day out. It makes me dizzy just to talk about it."

"I don't mind that sloshing," the beaver boy said stoutly. "Look at all the creatures living on the edge of the sea, where the water runs up and falls back every day. The limpets, periwinkles, barnacles, clams—even the squishy anemones and slow-moving starfish manage to keep house in the tides. I am much, much smarter than any of them. I'll do what they do and learn to live with the changes of the sea."

"Little beaver boy," the mother said, "you may be smarter, but those intertidal creatures are *older*. They have lived with the rise and fall of the sea for millions of years and they have changed very, very slowly, a little at a time, to live with the tides. The squishy anemone clenches up tight to hold in precious water while the tide is low. The periwinkle sucks up close to the rock to keep the water inside its shell. They stay under the heavy wet sea weeds to keep out of the sun which would dry them and kill them. They need water to breathe, to find food, to move around. After a few hours, the tide rushes back in, wetting them just in time, just before they become desperate with the water oozing out of them as they cling to the rock."

"Well, I am not a limpet or a barnacle. I will build a nice house. I can walk after the water and follow it down. When I want to swim I will swim, or I can just wait for the tide to come back."

"No, you can't do it," the mother said again. "You need water for safety. You need a pond around your house all the time, to keep away foxes and wildcats and dogs. In the winter you need a watery storage place, under the ice, for your winter food supply of willow and poplar sticks. You need a pond you can count on, not one that disappears twice a day!"

The little beaver grumbled, but he knew his mother was right. He sat on the family dam and looked out at Lake Garfield. From where he sat a vast mudflat stretched out to the west. It was late fall and tide was out in the lake. The muskrat houses stood high and dry and ludicrous-looking on rocks and stumps in the mud. All summer they had looked

like tidy beaver houses just above the surface of the lake. The muskrats prospected about for roots, shoots, and leaves and freshwater clams and then swam back to their little houses to sleep in the dry safety of the inner chambers, where no dog or fox could find them. Now they were gone, their useless houses abandoned.

"Mother," the little beaver said, "when will the tide come in, here on the lake? And where have all the muskrats gone?"

"The tide comes in next February or March. But of course, it isn't really a tide because no planets control it, and it doesn't rise and fall twice a day. If it did, maybe the clams and snails along the edges could close up tight, suck down in the mud, and wait safely for the water to return. But four or five months is too long for anyone to wait, even a muskrat. We all live here because we need the water. We are a lucky beaver family to have our own dam and pond on the brook above the lake. When the lake is low, our pond stays full. Every year the people who live along this lake drain the water down by opening their dam. They have their reasons for doing this."

"What reasons? Do they want to kill the clams and drive away the muskrats?"

"Of course not! They love the lake and all the lake creatures. These people are nature-lovers who come here in the summer to get away from the manmade alienating environment of the city, to breathe the country air, and relax in a natural setting. They just love to see us beavers swimming by, reminding them of the beauty of nature. They like clams and muskrats, too."

"Then they shouldn't drain down the lake!"

"Well, they feel they have to. For one thing, they are not such nature lovers that they want to see milfoil and other pond weeds growing by their beaches. They paid good money for that waterfront land, and they just hate to see it getting all jungly with weeds. They want it natural, but not *too* natural. They figure they can draw down the lake and freeze all the pond weeds during the winter."

"But every year there are always more pond weeds!"

"Yes, of course. It's just like a garden here in the lake. Wherever something isn't growing today, something else will be by tomorrow. Ain't nature grand? Anyway, there's another reason to draw down the lake. The people have spent good money building their nice docks to sit on in the summer. They are not content to sit on a lumpy rock or a muddy muskrat house to sip their cocktails and bask in the sun the way we are, so they have built docks. In the winter the ice on the lake would damage these nice docks and the people would have to repair and rebuild them. This costs money, and people are very, very careful about money."

"Does money matter more to the people than muskrats and clams and snails and (gulp) beavers?" asked the little beaver boy.

"Well, all people are different of course. But here on this lake it does seem that this is the case," the mother sighed.

"That does it," the beaver boy said. "I am definitely moving to the sea. Maybe I'll take some brave muskrats and clams along with me. I'd much rather take my chances with stormy sea waves and extra-terrestrial influences than stay here to look natural in the summer for a bunch of people who drain away the lake in the winter because they are worried about money."

Continued on page 12-

"Be careful," the mother beaver said, as her boy started off to recruit a few clams. "Take your compass and head for Maine. If you get confused and wind up in Florida you'll run into the very same not-so-nature-minded people who spend the summer on our lake. You will be in big trouble if you get all adjusted to life on the sea and those people start to tamper with the tides."

— Bonner McAllester

LETTER TO MONTEREY

When I was young I had a dream. "Some day I am going to have a year-round house at Lake Garfield so that I can look out my window and see the moon rise over the ice." In 1962 my dream came true, and for a few years life was good.

Incredible as it may seem to some, all life and activity here does not cease on Labor Day. October is the month for tourists who come to see the colors reflected on the water. Some fishermen who had waited for quieter water also come to enjoy the sport. Many rowboats and canoes can be seen as late as November. In those early years, when the ice was formed, the lake was truly busy. Fishermen came to saw holes in the ice and set their type. Almost every weekend the same party of four set up a windbreak and built a bonfire on the ice. They sat on stools and chatted while waiting for the little flags to pop up and signal a possible catch.

Sometimes a Saturday night skating party would be held by the Youth Group in town. On Sunday afternoons whole families would come with skates and sleds. If there was snow they brought shovels and cleared a patch large enough for a spirited hockey game, with the smallest members of the families acting as rather reluctant goalies.

Beginning skaters came pushing chairs to keep from falling and for rest when the ankles tired. One enterprising boy rigged up a mast with a sheet sail on his sled. It worked, and he flew down the length of the lake ahead of the skaters.

My greatest joy was on cold nights when the temperature dropped suddenly and the ice boomed as it contracted. It was a sound unmatched by any other on earth, and it was music to my ears.

Now, since Lake Garfield is regularly drawn down in late fall, I gaze out on mud flats. Not only is my winter spoiled but the spring as well. The water is returned but the wonderful sounds and sights of spring are not. Gone is the chorus of bullfrogs calling for their mates, no two voices alike. Gone are the baby muskrats who used to venture forth to nibble at the weeds in the shallows. Those little bodies did a better job of harvesting than the freeze. The bullheads do not come here any more to raise their babies. I remember seeing a parent open her mouth to gulp the whole group of a hundred or more. "She's eating them!" I wailed. But then she swam over to a more protected place behind a rock and spit them all out. I wonder if these creatures still exist. Turtle rock has not been occupied for a long time now. I grieve at the sight of the desolate muskrat houses standing on the mud. They were once filled with weeds gathered industriously all summer to keep the little families from starving in the winter.

I do not understand why the members of the Lake Garfield Association, who have assumed the responsibility of caring for the lake, really care so little for its inhabitants. In their futile attempt to kill weeds they have overlooked lives more important. I join the other creatures who belong here with the plea, "Give us back our lake!"

— Helen Shaw

LOCAL LORE

INDIAN NOTES

Snowsakes

A popular game among the Algonquin and Iroquois peoples of the Northeast, and extending even to the Algonquin-speaking Blackfeet of Montana and Alberta, was a kind of spear-throwing contest called "snowsakes." It is described here as it is played today by the Seneca tribe of the Iroquois confederacy in western New York State.

As the name suggests, it is a winter game. At a time of alternately freezing and thawing weather, a straight, smooth furrow is made in the snow by dragging a log by a rope tied at one end. With the right weather conditions, the lining of the furrow will melt and freeze again until it is coated with ice. The resulting track is perhaps a foot deep, ten inches wide and several hundred yards long.

The snowsnake is a shaft of some close grained wood, such as hard maple, about six feet long. It is an inch and a half in diameter at its thickest point, about two feet from the tip, and it tapers to three-quarters of an inch or less at the tail. The front end is rounded and pointed like a snake's head and is often weighted with an inlay of lead. Sometimes there are two small round insets of lead where a snake's eyes would be. The shaft is meticulously smoothed, varnished and polished.

The contest is to see who can throw one of these long darts farthest down the icy furrow. Great skill is needed to give the maximum cast exactly the right way so that the snake will go straight and not skid out of the narrow track. Spectators have been injured by snowsakes going off course, and one story tells of a four-inch oak sapling transfixed by an errant dart.

There are various theories about the right stance of the thrower and the right grip on the snowsnake for the throw. It is usually held at the butt by one hand, with the index finger crooked over a shallow notch at the end. It may be thrown overhand, underhand, or with a sidewise sweep of the arm. Like a golfer with a selection of clubs, the expert snowsnake thrower has darts of different weights and slightly different shapes for various kinds of terrain and weather. I have seen one such collection lovingly housed in pockets sewn lengthwise in a seven-foot strip of heavy cotton ticking. When this was rolled in a long bundle and tied, the darts were protected from scratches and yet supported each other so that none were likely to get broken.

The owner proudly showed me his favorites, demonstrated his throwing technique and told of impressive distances achieved by champion players. Different communities put up teams of players to compete with each other; high stakes are often wagered on the outcome. Crowds gather to support their local favorites, and excitement runs high. Unlike lacrosse and field hockey, which originated with Native Americans but have been adapted for international competition, snowsakes remains a specialty of the Indians of the Northeast.



HERB WORKSHOP

Come to the Windowsill Herb Workshop on Thursday, February 7, at 7:30 p.m. in the Social Room of the United Church of Christ. Naomi of Naomi's Herbs will instruct participants in planting seeds, potting indoor herbs and uses of various herbs. Bring your own containers and seed starter potting soil. Admission is free. Call 528-1988 for information.

MONTEREY FOOD COOP TO TRY NEW SCHEDULE

For three months the Monterey Food Coop will be ordering every four weeks instead of every two weeks, as it has done in the past. Larger orders may enable deliveries from the warehouse to be trucked direct to the church basement. Previously Del Jessen has met the biweekly delivery in Great Barrington and brought home the groceries in his car. Forms for the first four-week orders may be picked up at the church with the orders which will come in on February 7, and the first of the three trial four-week deliveries will arrive on March 7. For information on joining the Monterey Food Coop, call 528-1988.

MASS. FRUITION PROGRAM SPRING DISTRIBUTION COMING UP

Applications for the Massachusetts Fruition Program annual spring distribution are available.

The Fruition Program is a state-funded project to encourage community groups including conservation commissions, to grow fruit and nut plants on public-access land. Through this program, the Department of Food and Agriculture sponsors educational activities, and provides information and plants to eligible community groups.

The program is in its fifth year, and thus far over 12,000 trees, shrubs and vines have been planted by community groups in cities and towns across Massachusetts. Requirements for participation are as follow:

- Public-access features
- Permanency of site
- Strong management plan and back-up plan
- Site description and suitability for plants ordered
- Educational potential and community cooperation

All applications will be evaluated by a review committee of the Fruition Program.

Applications are due by March 1, 1985, for the April 20 plant distribution. Interested groups may apply through the Monterey Pond Project. Call 528-1988.

Apologies to Dwight Campbell and to the semanticists in our audience for our use of the word "ephemera," in reference to his contributions to the Monterey News. We grabbed the word out of the air in a hurry, and only afterwards discovered it to be the plural of "ephemeron," which means "anything short-lived or merely temporary." "Ephemeral" means "existing only or no longer than a day." We had been groping for a way to describe the light, off-hand quality of Mr. Campbell's piece but never intended to limit its usefulness to a day. A better choice might be the word "ephemeris," which once referred to "a diary or a journal . . . a calendar or an almanac," with an implication of transient interest.

Here is Mr. Campbell's introduction to a series of ephemerides which we anticipate receiving with great delight and reading with more than transitory pleasure.—Ed.

THUMSY DA-DEE, A MOST UNUSUAL CAT

Author's Preface

Thumsy Da Dee was definitely a very real, most unusual cat. Somewhere in my desk I have a picture taken long before yesteryear.

He was a tiger, long-haired, seven toes, and, among other things, quite jealous. He definitely gave my mother quite a bite once when he saw her petting our other cat, Thomas Woodrow.

I do hope the deeds of this unusual cat will please you as they have others.

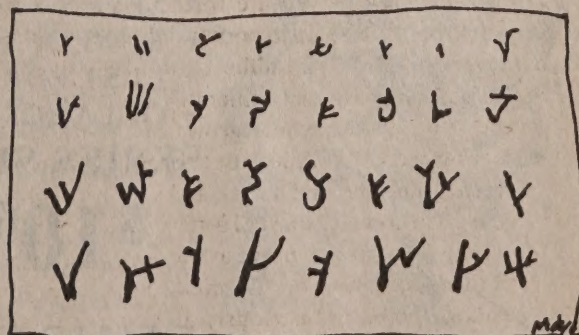
Here are some of the stories:

Thumsy Da Dee and The Two Rough, Tough Robbers.
Thumsy Da Dee and Old Tim, a neighbor's cat.
Thumsy Da Dee Drives Our Horse at Great Barrington Fair.

Thumsy Da Dee and the king of the Mouse-Lands.
Thumsy Da Dee and the Fierce Wild Cat.

Thumsy Da Dee Finds our puppy, Little Jack, who had been stolen.

— Dwight P. Campbell



CORN STUBBLE IN THE
SNOWY FIELD
(in perspective)

DRAWING CLASSES TO BEGIN IN FEBRUARY

Beginning in February Stephen Maye will be offering several drawing studios for those of any generation wanting to experience some of the many and varied uses of drawing as a vehicle for seeing anew, personal growth, healing, self-knowledge, spiritual awakening and vital re-creation.

A **Uses of Drawing** studio will begin February 4 in Steve's home workspace on Hupi Road and will happen each weekday between 1 and 4 p.m. All materials will be provided, and the cost is a donation of \$10.

First **Winter Drawing Expeditions** will begin on the 16th and 23rd of February. Participants will travel to specially selected

sites where drawing will be used a medium for seeing and knowing the natural and visible world. Times will run from 9 a.m. to 12 noon and from 1 to 3 p.m. All materials will be provided, and the cost is a \$25 donation.

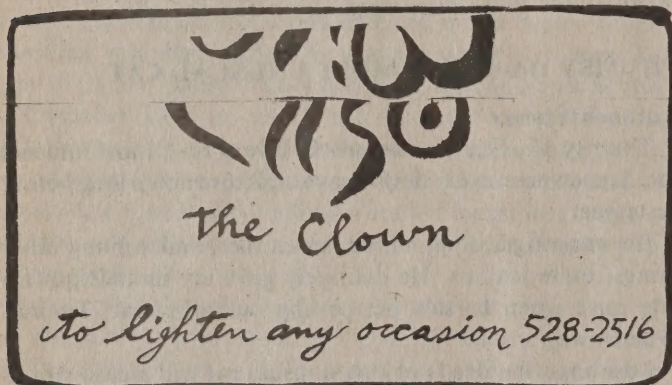
A six-week **Spiritual Life-Drawing** studio is scheduled to begin February 21 at The New Spirit Bookstore on Route 23. In this studio there will be drawing from imaginal and inner awarenesses of the human form rather than copying actual models. Meditative/contemplative approaches will be applied, using varied materials, including clay, to deepen wonder and appreciation of the human design. Time: 7:30-9:30 p.m., and the cost will be a \$25 donation. All materials provided.

Steve emphasizes that previous art experience is not necessary, only the desire to learn, grown, open and see as if for the first time. Call 528-2516 anytime for information/registration.

SKI BUTTERNUT ON MARCH FIRST!!!

Monterey Skiers All!!! Come to Monterey Ski Day at Butternut on March 1. Mark it on your calendar. We hope to have an even larger group than last year. Friday is chosen to allow as many as possible to come from out of town and for locals to arrange working hours.

Channing has invited us for wine and cheese in the afternoon and is allowing junior rates for the day for Monterey folks. See the Amidons or the Grotzes for information and tickets.



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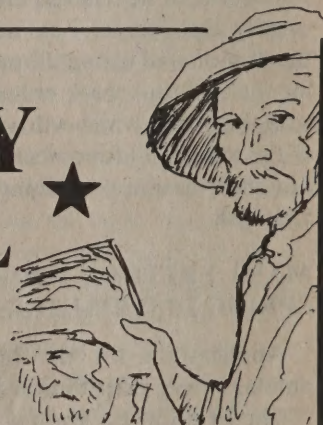
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FOR MORE INFORMATION CALL: 528-4115 528-3723

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THE ANSWER IS YES ...

...To the many people who are wondering if Ann McGinley (former instructor at the Bonnie Prudden School) is still teaching fitness classes at the Monterey Firehouse. Presently classes are Tuesday and Friday evenings from 7:00 to 8:00 and Tuesday mornings from 9:30 to 10:30. The Tuesday morning classes are reserved for senior citizens. In addition, classes are held Wednesday afternoons at 4:00 at the New Marlborough Central School. For further information, call Ann McGinley at 528-3745.

FEBRUARY 1985

VNA HEALTH PROMOTION CLINICS

The following is the schedule of February 1985 Southern Berkshire Visiting Nurse Association Health Promotion Clinics:

Stockbridge 1:00-3:00	Feb. 6	Heaton Court
	Feb. 20	Plain School
Otis 1:00-3:00	Feb. 5	Library
Sheffield 1:00-3:00	Feb. 12	Dewey Memorial Hall
	Feb. 26	Dewey Memorial Hall
Sandisfield 12:00-2:00	Feb. 11	Library
Gt. Barrington 1:00-3:00	Feb. 25	Senior Center

All clinics are free of charge to South County residents (donations are accepted). For more information call the SBVNA at 528-0130.

LETTERS TO THE EDITOR

To the Editor:

Bonner McAllester is always a kick, but her article on Lichen-Liberation takes the cake. On the first reading I laughed. On the second I laughed then cried. The third time round I figured out her secret. It's really simple. Here it is.

First of all, she exploits that symbiotic pair Wit & Humor something awful. Apart, they are nasty creatures; Wit becomes mean and humor vulgar. Together they make beautiful music, and Bonner's got them firmly entwined, poor dears.

Then she uses her knowledge; a smattering of what she knows about lichens, rather more of what she knows about people, and all of what she knows about English, which is a lot. (She really still cares about that poor old relic?)

Next, she merely mixes all that up with discipline, wisdom and grace—and Voila! A Masterpiece! Simple.

Well, I'm glad I got that figured out.

Cheers,

Joyce Scheffey

CALENDAR

Contra and Square Dance Schedule

Saturday, February 9—Square and Contra Dance, New England-style, at the Sheffield Grange, Route 7, Sheffield, MA. 8:30-11:30 p.m. Beginners and children welcome. All dances taught by caller Joe Baker, music by Mountain Laurel. Refreshments served. Adults, \$3.50; children, \$1.00 to dance until intermission. Information: 413-528-9385 or 518-329-7578.

Saturday, February 23—Square and Contra Dance, New England-style, at the Sheffield Grange, Route 7, Sheffield, MA. 8:30-11:30 p.m. This program is for people who have done it before. Joe Baker, calling, music by Mountain Laurel. Refreshments served. Admission: \$3.50. Information: 413-528-9385 or 518-329-7578.

Native American Lecture

Tuesday, February 12—Part of Simon's Rock "Blodgett Evening Series," David McAllester, professor of anthropology and music at Wesleyan University, will present the first of two lectures on American Indian religious philosophy at 8:00 p.m. at Blodgett House. In his discussion of Native American music, dance, art, and oral literature, McAllester will explore what these expressions of religion and philosophy can mean for all Americans. He is one of the founders of the Society of Ethnomusicology and is the author of several books on American Indian music. During the evening presentations, McAllester will perform and encourage the audience to participate by singing and dancing. The second lecture will be presented on February 19. Call 528-0771 for information.

Workshop

Saturday, February 23—"Mothers and Sons, Fathers and Daughters"—a one-day workshop to examine how the primary bonds between mothers and sons, fathers and daughters affect emotional growth and love relationships. With understanding and awareness, we can change old patterns and habits. Workshop leaders: Sally Emmel, Lee Kaestle and Judith Bach, all therapists who are full- or part-time residents of Monterey. Call Gateways at 528-3974 for information and registration.

PERSONALS

John K. Blount, son of **Ellen Pearson** of Monterey and Roy A. Blount Jr. of Mill River won Highest Honors on the semester Honor Roll at Berkshire School for the semester ending December 13, 1984.

David J. O'Connor, son of **John O'Connor** of Monterey was married to Elizabeth H. Woodruff on January 12 at the Lee Congregational Church in Lee. David is presently stationed with the 82nd Airborne Division of the U. S. Army at Fort Bragg, Fayetteville, North Carolina.

Karen Hayes has returned to Quinnipiac College in Hamden, Connecticut. She made the Dean's List for the first semester. Karen is the daughter of **Mr. and Mrs. Arnold Hayes** of Tyringham Road.

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ACKNOWLEDGEMENTS/COMMENTS

The *Monterey News* wishes to thank the following for their contributions and comments:

Phyllis Bogdanoff; Ottalie K. Williams; Robert Hebert; Martin and Susan Hatch; Mrs. J. Cobian; M/M John W. Higgins; Mary and Frederick Kimberley; M/M Arthur P. Phillips; Alice O. Howell/Walter A. Andersen; Mrs. Esther Silverman; M/M Marcel Pasche; William Swan; Bill & Ray Kirby; M/M Harry Scheiner; M/M Robert M. Burk; Joe & Joan Dzaluk; M/M E. Herbert Burk; Kay & Welles Sellev; Joan W. Reed; Arthur Woods; Peter Brown; M/M Rudy Gero; Bill & Ray Kirby; E. W. Moreton; M. Henley; M/M F. D. Vorck; Carolee Jervas.

- Sel Whittaker—any way we could get the *News* sooner than a month late? Enjoy it anyway!
- Paul & Estelle Gelbard—It keeps us in touch with our “second home”—great—keep it up!
- Lea Carmichael/Lee Richardson—We love to read about Monterey, especially when we're in Chicago.
- Gloria & Mel Wallick—Great to have ongoing source of news in Monterey.
- Carol Sadlowski—Nice publication.
- Ollie Rosengart—What can I say except that we love reading the *Monterey News*.
- Virginia Faisy—Good reporting.
- Vanda Bearce—Thank you.
- M/M Aurelius V. Heath—Enclosed please find check so we may continue to receive our *News* which we enjoy very much. It's bigger and better than ever!

AD RATES

One-inch classified ads (1" x 3 3/8" or less) \$2.50
Two-inch business cards (2" x 3 3/8" or less) 5.00
Three-inch size (3" x 3 3/8" or less) 7.50
Five-inch size (quarter-page size: 5" x 3 3/8") 12.50
Half page (either horizontally across page or
vertically, one column wide from top to bottom) ... 25.00

No full-page ads.

Back cover rates:

2" card 10.00
Quarter page 20.00
Half page 40.00

No classifieds on back cover.

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